

## **Historic, archived document**

Do not assume content reflects current scientific knowledge, policies, or practices.



1.9  
In-  
Housekeepers' Chat

Thursday, May 8, 1930.

## NOT FOR PUBLICATION

Subject: "Questions and Answers." From Bureau of Home Economics, U. S. D. A. Publications available: "Good Food Habits for Children" and "Floors and Floor Coverings."

--ooOoo--

Questions have been piling up lately. Perhaps it's just as well to take a day off, now and then, to get caught up with questions.

Before I answer the first one I want to read a letter from a listener who lives over east of here.

"Just a line to tell you how much I appreciate your morning talks," writes this radio friend. "You know I have to plan pretty well, to be able to listen. I send two children to school, must put up their lunches, get Daddy's breakfast, and then get my two little boys settled playing in the backyard. Then the tiny baby is taking her outdoor morning nap, mother is ready to eat in peace, so I then turn on the radio and listen to you while I have my coffee, before I start my day's work.

"Now I'm going to ask you if I could please have a leaflet on eggs, as we have chickens and have an abundance of eggs. Also, please send me 'Good Food Habits for Children,' as I have lots of trouble, like all the rest of mothers. My boys are two and a half and one and a half years old."

That's all of the letter. I am sending Mrs. S. the radio cookbook, "Eggs at Any Meal," and "Good Food Habits for Children."

The next letter is from a worried mother, whose youngster refuses to eat almost everything but cereal and milk. I also sent her a copy of "Good Food Habits for Children." Then, since her case seemed to need special attention, I took the letter over to Mrs. Carpenter of the Bureau of Home Economics, who, by the way, wrote the leaflet on "Good Food Habits for Children."

"Please," I said to Mrs. Carpenter, "answer this letter. Here's a mother almost worried to distraction, because her child won't eat anything but cereal and milk. The child is recovering from a recent illness. Will you write a reply for this letter?"

Mrs. Carpenter did, and here is her reply:

"I am interested in your little daughter who refuses to eat almost everything but cereal and milk. It is quite likely that your trouble began when you found it necessary to humor your daughter, during her recent illness. It would have been a little easier to break up the refusals when they first occurred, immediately after her recovery. However, with patience and tact, you can start her out again on the right track.



"I think you will have the most success by paying little attention to her, when she refuses certain foods, and by being careful not to talk about the subject even away from the table. Serve the little girl rather small portions of the food she should have, and do no urging. If, at the end of a reasonable time, she has not finished her food, or even began to eat it, take the plate away, and say calmly something like this: 'That's too bad! Dinner time is over, and you haven't eaten! I guess you weren't very hungry this noon. Maybe by tonight your supper will taste good to you.' Then see to it absolutely that she has nothing to eat until the next meal, without, however, harping on the subject.

"When supper time comes, again give her what she should have, and assume that she will eat. If she doesn't, go through the same casual, matter-of fact removal of her supper. If you can be absolutely calm, and not at all anxious, it should not take long for your little girl to see that you mean business. If she knows you are worried, or that you are bothered by her fretting between meals, it will be more difficult to hold out.

"In fairness to the child, I would give her the foods she has liked rather well in the past, and try to choose vegetables which she used to enjoy, before she became a problem at meal time. Perhaps it would be well to withhold milk entirely, until she is back into the habit of eating other things. Valuable as milk is, in the diet of the growing child, it is, as you say, not sufficient by itself. I should certainly give her no sweets at all, until she has cleared her plate of the main part of the meal. Since you indicate that she is very fond of sweets, you may be able to use them as a reward for finishing the meal. You must be very careful not to let the idea of a bribe enter into it. There is a difference, you know between rewarding the child for something she has done well, and bribing her ahead of time to do the thing expected of her.

"I can scarcely over-emphasize the importance of your own attitude in the whole procedure, and when I speak of your own, I mean your entire family. Very often other members of the family make it difficult for a mother to go through a bit of training she has undertaken."

\*\*\*\*\*

And that's that -- the answer to Mrs. M.'s letter. I read it, because I had an idea it might contain valuable advice for a good many of you. If you are interested in encouraging good food habits in your children -- and what mother isn't? -- I suggest that you send for Mrs. Carpenter's leaflet, "Good Food Habits for Children."

Next question: "Do you know of a good home-made furniture polish, which is convenient for rubbing up various kinds of woodwork?"

Answer: A simple furniture polish is made by mixing one part of raw linseed oil with two parts of turpentine. Add a little melted beeswax, if you like. Perhaps I'd better repeat this formula: One part raw linseed oil, two parts turpentine, and a little melted beeswax, if desired.

Next question: "Please tell me how to clean ordinary papered walls and ceilings."



Answer: Ordinary plastered and papered walls and ceilings should be cleaned with a wall brush, or with a broom covered with soft cloth, such as cotton flannel. Use light, overlapping strokes; heavy strokes rub the dirt in. Cotton batting is good for cleaning places that soil more quickly than the rest, for example, the wall over radiators, registers, and stoves. Rub the wall lightly with the cotton batting, turning it as it becomes soiled.

NextL "Can calcimined walls be cleaned?"

Answer: I don't believe they can. They can't be washed, or even rubbed with a dry cloth without streaking. It's better to put on another coat of calcimine, rather than to try to clean the wall.

Last question: "What is the best way to clean tiling?"

Answer: Tiling may be cleaned by washing with warm soapy water, rinsing, and drying thoroughly; when necessary, a fine scourer may be used. If water is allowed to remain long on tiling, it is likely to injure the cement in which the tiles are set, and thus to loosen them.

Friday: "Betty Lou's Dinner for Mothers' Day."

#####



